



The Week of June 5th-June 9th

Page 1

What's coming up at camp?

All camps are offering weekly registration except for the Fit Kids camps which offer one registration for the entire 6-week camp. Camps will conclude on Thursday, July 20 except for Summer Adventure full-day camp which will be offered at two locations for the final week of July 24-28.

Registration is [available online](#), or in person at 200 S. Center St. Bldg. 1, Mesa 85210, Monday through Thursday, 7am – 5:30pm. Please note that registration will be due by the Thursday prior to the start of the camp week.

Each camp has a calendar of upcoming events available. A welcome letter and calendar are distributed weekly to the families enrolled. Please ask the Site Supervisor at your camp location if you do not receive this information.



The week of June 12-June 16 will follow the theme of “Build, Discover, and Explore”. The Summer Adventure camps will enjoy a Mad Science Day on Thursday. Robson will have visitors from the Phoenix Zoo on Tuesday and a Lego/Jenga Tournament and scavenger hunt on Wednesday. Bush will have pajama day and enjoy a movie on Tuesday and a smore's day on Thursday. Superstition Springs will have face painting on Tuesday and a movie on Wednesday. Ranger B will visit Zaharis on Wednesday. Fit Kids will have Crazy Hair Day this week – Wednesday at Franklin at Brimhall and Thursday at Emerson.

Reminders

Information Sheets:

An information form needs to be completed for each child attending a summer camp. These forms will be provided upon check-in at the site locations. The forms are transported with the staff to the pool or on field trips so that they have the necessary information available at all times.

Lunch/Snack:

Please pack a lunch and am/pm snacks for full day camps. The camp will not be able to refrigerate, hold, or warm your child's lunch or snack. It is important that you label all objects with your child's name. Don't forget your water!

Photo ID required:

Parents/Guardians will be required to show picture ID to pick-up their child at least for the first week of the program or until staff begin to recognize who you are there to pick-up.

Field Trip Bus Transportation:

School bus and charter bus air conditioning systems are only capable of cooling a vehicle to 15-20 degrees below the outside temperature. For some participants, it may not be in their best interest to ride the bus to field trips on extremely hot days. The decision of whether a child rides or not will remain with the parent.

Contact Information

Beverlee Nielsen
Beverlee.Nielsen@mesaaz.gov
 (480) 644-4345 office
www.MesaAZ.gov

What happened this week?

All-Sports – MacArthur:

The campers were able to work with a lot of different peer groups this week to get to know each other. They played a wide variety of games ranging from basketball to wiffle ball.

Boredom Busters – Bush, Robson, Mesa Education Center, Superstition Springs, and Zaharis:

The camps followed the theme of “Super Heroes Week” and had a dress up day at camp. Each week the campers are creating new artwork, enjoying active games, swimming, and playing with their new friends.

Fit Kids Camp – Emerson & Franklin at Brimhall:

Phoenix Children’s Hospital joined the camps on Tuesday to instruct the group in yoga and relaxation techniques. Emerson hosted a parent/child nutrition class by PCH on Wednesday evening. Franklin at Brimhall will reschedule the parent/child nutrition class for a later date. Franklin at Brimhall started working on drills to prepare for the big soccer tournament.

Masterminds/Masterpieces – Ishikawa:

Campers focused on Arizona pop art this week. They made cardboard canvas states with an acrylic painted cactus design. The campers also worked on hand painted postcards with pop art cactus design as well.

Play-well Teknologies using LEGOS – Ishikawa:

The camp this week was “Robotics using LEGO NXT” which allows the kids to build and program robots using LEGO Mindstorms system. The campers learned about mechanical and software design, loops, conditional statements, problem solving, and teamwork skills.

Summer Adventure – Franklin at Brimhall & Mesa Education Center:

The campers unleashed their inner super hero and made tie-dye socks. Mesa Education Center celebrated June birthdays with a super hero party and played giant board games and parachute activities.

Camp Photos



2017 Summer CAMP



 Your place to play

The Week of June 5th-June 9th

Page 3

Field Trip Highlights

Trip to Krazy Air on Friday, June 9.



Weekly Themes

Boredom Buster camps and the Summer Adventure Programs will have a theme to follow each week.

May30-June 1	Under the Sea
June 5-June 9	Super Heroes
June 12-June 16	Build, Discover, Explore
June 19-June 23	Out of this World
June 26-June 30	Life is a Ball
July 3-July 7	Party in the USA
July 10-July 14	Live Life Out Loud
July 17-July 21	Pirate

Site Contact Information

Bush – 480.299.1390

Emerson – 602.526.4678

Franklin (Adventure) – 480.694.8538

Franklin (Fit Kids) – 480.694.7385

Ishikawa (MP/MM) – 480.389.8270

Robson (BB) – 602.526.4672

Robson (MFC) – 480.404.0350

MacArthur – 480.276.8145

Mesa Educ Center – 480.276.8457

Superstition Springs – 480.268.3526

Zaharis – 480.299.1294



The Week of June 5th-June 9th

Page 4

Field Trips

Summer field trips are included in the full-day camp registration called Summer Adventure. When space allows, the field trips are open for additional registration.

Planned summer field trips:

Friday, June 16	AZ Science Center
Friday, June 23	Skateland
Friday, July 14	Stratum Laser Tag
Friday, July 21	Movies

Pool Days

Many of the camps will swim throughout the duration of the summer camp. It is important that parents complete the swimming information on the Summer Camp form accurately to help the staff understand the child's level of swim experience.



Please remember to apply sunscreen at home and send spray sunscreen with your child to reapply while at the pool. The camp staff are prohibited from applying lotion sunscreen to the children enrolled in the programs.

<u>Summer Camp</u>	<u>Swim Day</u>	<u>Pool</u>
Franklin at Brimhall – Fit Kids	Mondays	Brimhall
Emerson – Fit Kids	Wednesdays	Carson
Bush – BB	Wednesdays	Shepherd
Robson – BB	Thursdays	Stapley
Superstition Springs – BB	Thursdays	Brimhall
Zaharis – BB	Thursdays	Shepherd
MacArthur – All-Sports	Thursdays	Kino
Franklin at Brimhall – SA	Mon-Thu	Brimhall
Mesa Educ Center – BB & SA	Wednesdays	Rhodes

Reminders

Close-toed shoes only:

All participants must wear close-toed shoes during camp. Campers will not be allowed to participate in active games without proper footwear.

Electronics are not allowed:

Campers may not bring phones, iPods, game-boys, or any electronic devices that could be lost or stolen. Phones will be held in a locked box during camp.

Summer Tips

Ideas for a healthy snack:

Peanut Butter Oatmeal Energy Bites

- 1 cup oats
- ⅓ cup toasted shredded coconut
- ½ cup peanut butter
- ½ cup mini chocolate chips
- ⅓ cup honey
- 1 Tbsp. chia seeds
- 1 tsp vanilla

1. Combine all ingredients in a large bowl.
2. Roll and compress the mixture into 1 inch rounds and place on parchment paper.
3. Refrigerate a few minutes until firm and then transfer to an air tight container.
4. Refrigerate and enjoy for up to one week.



MAY: FRESH BEANS

Did you know that **fresh beans** typically are classified into two categories based on how they grow? Bush beans are the mounding types, which grow closer to the ground, about 1-2 feet high. Pole beans are “runner” or vining beans that grow very tall and usually need some sort of support structure to hold them up. You likely know that green beans also are called snap or string beans, and are the most popular pod bean in the United States!

CHECK OUT SOME VARIETIES OF FRESH BEANS DESCRIBED BELOW!

GREEN BEANS

Green beans are often called string beans because a string runs along the seam of the bean. The snapping noise is the reason for its other nickname – the snap bean! It is best to handpick green beans from a market that sells them loose. The beans should be a bright green color. Do not purchase beans that are stiff or have the seeds visible through the pod because those beans will be tough.



EDAMAME

You may not know it, but edamame is a “fresh bean!” Edamame, packed with protein, is a variation on the yellow and black field soybean that is transformed into many popular soy products such as tofu, miso, and soymilk. Some call edamame the super or wonder vegetable because it is the only vegetable that contains all nine essential amino acids. This makes edamame a complete protein source, similar to meat or eggs. Edamame is rarely sold fresh, but is available frozen all year in pods and in shelled form.



LIMA BEANS

Did you know that lima beans come in all shapes and sizes? There are three main varieties: large, small, and dwarf. Large lima beans are green or speckled and they have a much creamier texture and earthier flavor than other lima beans. Most small limas are pale green. Small limas are less starchy than the larger varieties. Dwarf beans (also known as butter beans) are white and speckled. Most lima beans are dried, canned, or frozen and it is difficult to find fresh lima beans in the US (although sometimes they may be available at farmer’s markets!). Try all the different kinds of lima beans!



Fresh Beans Tips!

- **Green beans** continue to cook after you take them out of the boiling water. So take them out of the pot just before they are cooked the way you like, or plunge them into ice water immediately to stop them from cooking further.
- Throw some healthy **green beans** into your stir fry for some extra color and good nutrition!
- Add color, texture, vitamins, minerals, and fiber to your diet by adding **fresh beans** to your favorite vegetable soup.
- For a tasty and healthy sandwich spread or dip for vegetables, try mixing puréed **lima beans** with chopped garlic and add in your favorite fresh herbs and a touch of salt!
- For a nutritious snack after school or anytime, eat **edamame beans** right out of the pod (find them in the freezer section in most supermarkets).

Fresh Beans Recipe!

GREEN BEANS WITH TOMATOES – A HEALTHY, FLAVORFUL SIDE!

Makes 4 servings

Ingredients

4 cups **fresh green beans** (cut into 2 inch pieces)
 1 small sweet onion, cut into thin wedges
 2 tbsp. extra virgin olive oil
 2 small tomatoes, cut into eighths
 1 tsp. dried oregano
 ½ tsp. salt
 Dash pepper

Place beans in a saucepan and cover with water; bring to a boil. Cook for 3-4 minutes or until crisp; drain. In a small skillet, sauté onion in oil for 3 minutes then add the beans; sauté for 5 minutes or until tender. Reduce heat and add the tomato, oregano, salt and pepper; cook 1 minute longer, or until heated through.

[You can use minced garlic instead of onions, but be sure to sauté only for about 30 seconds till fragrant, then follow remainder of the recipe!]

Fresh Beans Recipes!

COLORFUL EDAMAME SALAD

Makes 4 Servings

Ingredients

4 cups spinach
 1 cup shredded carrots
 2 cups cherry tomatoes (halved)
 1 cup cucumber, sliced
 ½ cup red onion, chopped
 1½ cups shelled **edamame**, cooked

Combine all ingredients in a large salad bowl. Toss with a bit of reduced fat dressing of your choice.

BEEF BARLEY AND LIMA BEAN SOUP

Makes 6 Servings

Ingredients

1 cup chopped onion
 1 cup chopped carrots
 1 can low sodium (14.5 oz.) beef broth
 1 lb lean beef stew meat, cut in 1/2 inch cubes
 4 cups water
 ¼ cup dry pearl barley
 ½ tsp salt
 ¼ tsp pepper
 3 cups cooked large **lima beans** (2 14.5 oz cans, drained)
 2 tbsp. minced parsley

Spray large pot with cooking spray. Place onion and carrots into pot, cook over high medium heat, stirring frequently until vegetables start to brown and stick a bit. Add ½ cup broth; stir to release brown bits. Cook until liquid evaporates and vegetables begin to stick again, about 5 minutes. Add ½ cup broth and continue cooking until liquid evaporates and vegetables are soft and golden brown. Add meat and cook until no longer pink. Stir in remaining broth, water, barley, salt and pepper. Simmer, covered, 25 minutes. Add beans and parsley; cook 10 minutes or until barley is soft.



NRPA National Recreation
and Park Association

www.nrpa.org/CommitToHealth

#CommitToHealth